



Special Interest Articles:

- *Presidents Report
Jacks Back*
- *What Motorcycles Mean to Me*
- *Family Enduro Series*



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**2008
Happy
New
Year**

Jacks Back (Version 8)

*By: Jack Jennings
TRH President*

Yes.....You read it right! I'm back to take a shot at steering the club from the President's position (chair) for the 8th year since 1990. Hopefully this 8th rendition of my turn at "TRH Management 101" again will be a successful one. I'm counting on all of you to help make it successful. As I have said many times in the past, and I've heard Lynn say it too, "This is your club" so I'll give you every opportunity to make it what you want it to be! I want to give something back to you as TRH members but I need your

ideas and participation to do so.

My 1st order of business will be to help us stretch our legs out a little bit. We are either going to move to a different, larger venue (location) or into the main ballroom at the SPJST lodge we are holding our meetings at now. I want to see the attendance rise back to the 1990's levels where we were getting 120+ attendees that enjoyed themselves and really got involved in the TRH. We can't do that in the meeting room that we are currently using. In making the move and in direct conflict with "Giving something back to

the members", we will be eliminating the Pizzas that we have been providing to the folks that do attend so, eat before you come. There are a couple of reasons for this: The funds currently being used for pizzas will provide us with enough money to offset the price of a larger meeting venue.

Story Continues on Page 2



TRH President: Jack Jennings

What Motorcycles Mean to Me

*Story Provide By: Shelly Townsend
Club Store Operator*

One of my first experiences with dirt bikes was in 1975 at Motor Cycle World. I was 12 years old and had just begun riding. My mother and I were lost on a trail called "The 8 Mile Loop". I was riding a green Suzuki TS90 and Mama had her blue Honda CB100 stuck in a mud hole. We tried numerous ways to get her bike out and couldn't. I got behind the bike to push and she hit the throttle. Needless to say, I was covered in mud from head to toe. (now that is a flying W) I remember yelling at her "You couldn't pay me \$100 to come back". It was a \$100 for a family membership back

then. I would eat those words later. Obviously, we got out when others showed up.

Back then, my cousins Myra and Lorie and I would ride 350 miles or more in a 3-day week end. We would ride until our hands were bloody stumps. That kind of pain didn't matter to us. I wish that 100 miles in a weekend wouldn't affect me like that now.

I look back on those years. It is hard to believe that we rode for only 5-6 years. The impact it had on my life was so dramatic. You would think that I did it my entire life. I know that I would not be the person that I am today had I not done that in my life. It changed me

from a shy, 12-year-old scaredy-cat, to the determined, confident and persevering person that I am today. It gave me a strong back bone, literally and figuratively. It changed my life.

20 years passed between then and returning to riding. I can honestly say that I missed it every one of those days. Trailers of dirt bikes would pass me on the highway and I would cry like a baby. Thank goodness my cousins put it back into their lives. Myra started inviting me to Cycleland and hare scrambles. I would ride any bike offered to me, no matter how old or ratty, they were beautiful in my eyes



Presidents Report Con't

I'm worried about all of yall's health! I don't want to be accused by any of you of trying to slow you down on your dirt bike by packing "lb's" on you at the General Meetings. Change is in the wind for the upcoming year! We are going to put a massive amount of fun back into each of your TRH Off-Road memberships for 2008!

Please make it a point to attend the General Meetings in 2008! Bring your family and friends with you! Let's make sure we use all of our new space for our fun and pleasure. My goal is for shorter meetings and new activities for you! Please help me pull it off!

Congratulations to the newly elected members of the 2008 TRH Board of Directors.

Your TRH Board of Directors now consists of the following new members:

President – Jack Jennings
Treasurer – Ed Keeley
Pub Relations Coordinator – Tommy Fabregas
Membership Chairman – Girard Lall
Property Master – Sam Stacy
Database Coordinator – Dan Sell



Congratulations to all of you and the best of luck in serving in your BOD positions in 2008.

Also, many thanks to Lynn Bailey and Danny Erdlejac for your past service on the TRH Board of Directors as President and Property Master respectively.

Your 2008 Incumbents are:
Vice President – Duggan Hartzog
Secretary – Rena Townsend
Events Coordinator – Danny McMillan
Legislative Representative – Robert Applegate
Newsletter Editor – Denise Bailey
Referee – Chris Hardy
Park Director – Robby Austin
Club Store Operator – Shelli Townsend

One of my ideas for family entertainment is to have an "Off-Road Series" in 2008 instead of strictly a Family Enduro Series. I would like your thoughts on what you would like to see us do with it this year!

I'm thinking of asking the 2008 Series Chairman (Ed) to mix the series up by having an "Old School" Family Enduro in the National Forest, a Hare Scramble at Skull Creek (maybe a tag team event), another Enduro in the National Forest, and a "Start/Stop" Enduro at Skull Creek.

I would also like to include some type of ATV participation in conjunction with a couple of these if possible. The TRH Constitution does not allow ATV's to participate in TRH activities.

If you are an ATV enthusiast and would like to see ATV's participate to some degree in some of our Off-Road activities, it's very important that you attend the General Meetings because it will take a YES vote by 75% of the members present at the General

Meeting to make a one time suspension of the rules in order for us to test this out.

Member of the Month:

Our January Member of the Month is.....Al Bunch. Al is a relatively new member of the club. He tells me that he joined the TRH to be able to get out and ride his dirt bike in some organized activities and to get away from all the politics he saw in the previous organization he belonged to. Surprise! I'm sure he has lots of stories he can tell us about his dirt bike escapades. We'll print Al's story in the February newsletter. It'll be interesting to hear about Al's background and what he would like to see the TRH look like and do in the next couple of years! Al.....lets hear your story about getting started in Off Road riding and/or with the TRH.

Our January meeting is our Annual Auction meeting. Bring all of your extra gear, bikes, parts, questionable magazines, TRH collectables, etc, etc. We'll auction it off for you at the conclusion of the meeting. Please come to get an update on TRH activities, get your monthly fix of dirt bike bench racing, discuss past and upcoming TRH events, issues and spend time with your off-road riding buddies and sell or buy each others junk err...valuable items for sale at the auction.

Let's Ride!

Capt.Jack

Family Enduro Series Dates

By TRH President: Jack Jennings

TRH will be holding the final round of the 2007 Family Enduro Series on January 13th, 2008, "The Trail of the Dragon", at Skull Creek. Yup! It's a 2007 event in 2008 but Ed Keeley wants to provide you with all 4 Enduros that were promised for the 2007 series. Vaughn Ivey, Tommy Fabregas and Robby Austin have expended a tremendous amount of work into getting this Family Enduro set up in less than ideal conditions. The good news is that Robby was able to get a 20+ mile loop pulled together for the Enduro so that all of you can have an enjoyable mid-day ride through the Skull Creek property on a balmy Sunday in January.

Please plan to attend to ride or help. Family Enduros require a lot of manpower to get people signed in, help with the course, help with the checkpoints, help with scoring etc.

Additionally, this time, we need a couple of course marshals and road guards since we will be crossing over and riding on several of the Gravel Company's roads and some of the trails are very close in proximity to each other.

If you would like to volunteer to help or if you want more information please call Vaughn Ivey at 713-817-1455.

Go to the TRH website: www.trh-cycle.org for the flyer, course info and general info.



Kids Corner

Building Endurance



information provided by: azcentral.com and diynetwork.com

It's a new year and a new racing season. Start off right by getting fit and building endurance to ride those long rides. The key to endurance is integral training, says *Ask DIY* fitness expert Stacie Saunders. If you're a runner or a walker, change your pace. Go faster, then slower. Remember, it's more important to go faster than it is to take longer strides. Once you're changing your pace, change your elevation. Get off that flat street and try some hills! All of this will build your heart rate. Next, if you lift weights, change the amount of weight you're lifting. Lift lighter weights and increase the number of repetitions. Another day try more weight with fewer reps. As it gets easier, add another set. Endurance is important, but you have to get there slowly. Build up gradually, so you don't feel like you're overdoing it. If you push your body too hard, you're more likely to get hurt.

Here are a few muscle-endurance-building exercises to do at home. Work up to about 24 repetitions for each one.

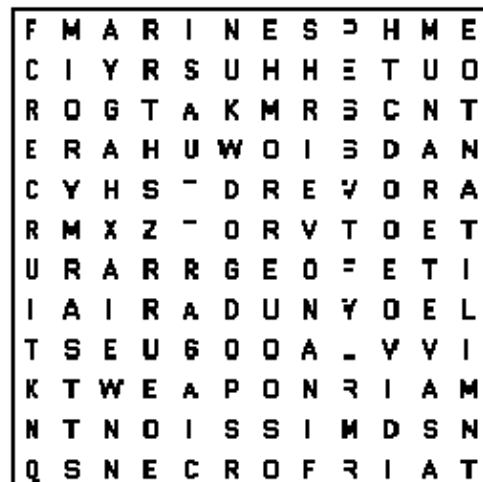
PUSH-UPS: Keep body straight, one leg raised. Lower body as deep as you can. Keeping one leg raised like this is a "burner," working the butt and lower back muscles in addition to the upper body. Do half of each set with one leg raised and half with the other leg raised.

BACK LUNGE: Keep tummy tight, back straight, head up. Lunge left leg backward, making sure knee of front leg is at 90 degrees. Touch ball of left foot on floor, push off and raise left knee to 90 degrees in front of you. Repeat this, feeling burn in the standing (right) leg. Back lunges put less stress on

TWO-POINT OBLIQUES: Lie on back, with back pushed into floor, right hand behind right ear, right knee bent with foot flat on floor. Curl up, using abdominal muscles and touch right elbow to left knee. Uncurl back down. Then curl up again, straightening leg and touching right fingers to left toes. Uncurl. Repeat. Don't hold your head. Work one side and stop if neck gets tired. Repeat with other side. This works the oblique muscles in the abdomen evenly with the neck muscles.



World's Fastest Motorcycle - reaching 350.884 mph
Let's just say it'll bring tears to your eyes.



AIR FORCE	HERO	RESCUE
ARMY	MARINES	RISK
COAST GUARD	MILITANT	TERRORIST
DUTY	MISSION	VETERAN
ENLIST	NAVY	WAR
FIGHT	RECRUIT	WEAPON

Why are 2007 pennies worth more than 2006 pennies?

Why was the baby ant confused?

What do you get when you cross a snowman with a wolf?

(Answers on page 6)

Cool websites for kids to use as resources for homework ...or just to have some fun learning.

Energy Kids Page

<http://www.eia.doe.gov/kids/>

Kids Health (Toddler to Teens)

www.kidshealth.org

Kids.gov

<http://www.kids.gov/>

Fact Monster

<http://www.factmonster.com/>

FEMA for Kids

<http://www.fema.gov/kids/>

Earthquake Information

<http://earthquake.usgs.gov/learning/kids/>

White House Kids Site

<http://www.whitehouse.gov/kids/>

Texas Senate Kids

<http://www.senate.state.tx.us/kids/>

Adventures in Education

<http://www.adventuresineducation.org/>

Texas Parks & Wildlife

<http://www.tpwd.state.tx.us/>

Kid's Gardening Resources

<http://aggie-horticulture.tamu.edu/county/smith/kids.html>

All about Fishing

<http://www.aa-fishing.com/tx/texas-kids-fishing.html>



What Motorcycles Mean Con't



Shelli Townsend – Terlingua Dual Sport Ride 2004

I jumped on a bike and 20 years melted away and I was 16 again.

Camping and riding gave me a network of friends, a diverse extended family that would give me the shirt off of their back. Thanks to dirt bikes and all of you that have touched my life in such a positive and profound way. You have rebuilt my suspension, offered to do repairs, given me spare parts and riding tips. You have helped and cared for not only me, but my mother, in ways that riding might have been impossible without the support we have gotten from you. I feel like I have the key and the welcome mat to the boys club.

You have no idea how that makes me feel. You couldn't pay me \$100,000 to give this up.

Put a kid on a bike, and you will change her life forever.

Shelli



Classifieds

NEW ITEM - 2002 XR100 Good first bike for the new rider. Call Lynn Bailey @832-465-7790	NEW ITEM - 2001 Yamaha YZ250. Make Offer to Charlie Bailey @ 713-682-7166	Major parts for 98 YZF 400 Forks/Shock/Brakes/Swingarm etc. Pat 936-828-7399 11/1	2000 - CR80 \$950 Complete Mike Bartay 713-907-1940 11/1
Need Left and Right Radiators for 2003 YZ 450 Otis 713-309-5580 11/1			

Club Sponsors

AJ Foyt Cycles

Maxine Shields
9650 North Freeway
Houston, TX 77037
281-445-4227

Columbus Cycle Shop

Charlie Marshall
1004 Mentz Road
Columbus, TX 78934
800-807-9910

Cycle Shack North

Carl Hope
830 S. Frazier
Conroe, TX 77301
281-353-1705

Galveston Honda

Randy Cook
4525 South Gulf Freeway
La Marque, TX 77568
800-342-7151

Goe Kawasaki, Harley-Davidson

Mark Sherrill
1350 S. Hwy. 288B
Angleton, TX 77515
800-460-8274

Honda of Houston

12655 West Rd.
Houston, TX 77041
713-467-2426
www.hondaofhouston.com

Adventure Yamaha

26300 Katy Freeway
Katy, TX 77449
281-391-2628
www.hurstyamahamarine.com
info@hurstyamahamarine.com

Johnny Word Suzuki

2227 Gulf Freeway
281.332.9673

K's Yamaha-Suzuki-Polaris

17802 Highway 59N
281.446.7165

Northwest Honda

Ronnie Lunsford
10102 North Freeway
Houston, TX 77037
281-447-3476

Sportcycles of Houston

Wes Sealy
9111 FM 1960
Houston, TX 77070
281-894-7450

Stubb's Cycles Southwest

Bill Stokes
8200 Southwest Freeway
Houston, TX 77074
713-772-7775

Stubb's Cycles

Tommy Brewer
4436 Telephone Rd.
Houston, TX 77087
713-644-7535

Wild West Honda

Frank Reaves
22515 Katy Freeway
Katy, TX 77450
281-392-8850
www.wildwesthonda.com

Pasadena Honda

2901 Spencer Highway
Pasadena, TX
713.941.5920

Texas City Cycles - Kawasaki

1119 6th Street North
Texas City, TX 77590
409.948.4969

JM Racing

22820 I45 North, Unit 3K
Spring, TX 77373
281.353.7729

Houston Motorsports South

11941 SW FRWY
Stafford, TX 77477
281.530.8600

Gene's Polaris Country

12525 I-10 East @ Mont Belvieu
800.544.0694
www.genespolaris.com

Houston Yamaha Motorsports North

Bob Harvey
9550 W. FM 1960
Houston, TX 77070
281-890-2020

Texas Yamaha South

1660 FM 528
Webster, TX 77958
281-338-1636



Skull Creek Information

WARNING! WARNING! WARNING!

The sand piles on the south end of the campground are OFF LIMITS!!! This means that all kids, adults, and bikes must stay out of the sand pile area. This is not a request but a hard rule. Violators will be asked to leave the property and potentially lose their Skull Creek membership. The gravel company continues to complain that our children are continually putting themselves, TRH, and the gravel company at risk when people are in the sand pile. When leaving the campground to the west, please use extreme caution and situational awareness due to the gravel trucks and operations being conducted.

As always we ask that you ride with care and pay attention to the area that you are riding in. They are still working the sand dune areas and the terrain changes on a daily basis. If you invite guests to ride at Skull Creek please inform them of the dangers and stress that they obey all the Park Rules. Please ride with care and have fun at Skull Creek!

TRH Skull Creek Motorcycle Riding Park Guest Pass Rules

The TRH Board of Directors has adopted a new set of Guest Pass rules for Skull Creek. The most significant change was to add a clause that limits an individual to the use of a maximum of 3 guest passes (total for the year) before he or she is asked to join the TRH as a Skull Creek member. It's each Skull Creek Member's responsibility to adhere to and/or enforce the Skull Creek rules. Please report violations to the Skull Creek Park Committee or post them on the website.



Membership Rules for the TRH Skull Creek Cycle Park

Each year a member will be given four (4) guest passes which may be used until the beginning of the next year's membership renewal date on January 1st. A guest is defined as a person who rides a motorcycle at the TRH Skull Creek Cycle Park. A non-riding guest is considered a family visitor, like a parent, relative, or friend who comes to the park with you but does not get on a motorcycle. A non-riding guest does not require a guest pass but is required to sign a release form. All guests and visitors are subject to all the rules and regulations of the TRH Skull Creek Cycle Park and are the responsibility of their host/member. A guest or visitor must be accompanied by the host/member while they are at the TRH Skull Creek Cycle Park.

Guests will be allowed to ride at the TRH Skull Creek Cycle Park a total of three (3) times per year. After an individual uses a third Guest Pass, he or she will be asked to join the TRH Skull Creek Cycle Park. A guest may use the passes from more than one member but may only use an aggregate total of three (3) per year. After a third pass is used, a membership request will be sent to the individual and he or she must join the TRH Skull Creek Cycle Park if he or she wishes come back for subsequent visits to the Park. *Violators/abusers of this rule will be asked by a TRH member to leave the property or forcibly removed by the local authorities.*

Guest requirements: All guests/visitors shall complete and sign a TRH Skull Creek Cycle Park release form. A \$10.00 fee per guest rider per visit and the appropriate

guest pass release form shall be put in an envelope in the Guest Pass lock box in the TRH clubhouse at Skull Creek.

We want you to be able to ride with your friends but please do not abuse the Guest Pass privilege.

Members get top priority and we respect the fact that members pay the full membership fee each year and perform trail work and upkeep. Do not give a non-member, guest or visitor the gate combination.

We will allow a Skull Creek Cycle Park member to beg, buy or barter for another member's guest pass (es) if the other member does not plan to use it or them. This will allow some flexibility for members to invite guests (potential members) even if he has no passes left for the year.





Recipe of the Month

Pittsburgh Football Party Cilantro Salsa

Recipe taken from: ALL RIGHTS RESERVED © 2007 Allrecipes.com

INGREDIENTS:

- 1 bunch cilantro, chopped
- 3 large fresh tomatoes, diced
- 1 red onion, diced
- 2 jalapeno peppers, seeded and chopped (optional)
- 2 tomatillos, diced
- 2 tablespoons lime juice
- 1 teaspoon hot chili sauce (optional)
- 1 teaspoon freshly ground cumin seed
- salt, to taste
- corn tortilla chips

DIRECTIONS:

1. Mix together the cilantro, tomatoes, red onion, jalapeno, tomatillos, lime juice, hot chili sauce and cumin seed in a large bowl. Season with salt to taste.
2. Cover and refrigerate overnight before serving to blend flavors. Serve with tortilla chips.



Answers to Riddles:

- 1) One more penny
- 2) All his Uncles were ants
- 3) Frostbite

Something to think about:

"Write your sorrows in sand and
your Blessings in stone"
--Submitted By Cyndi Sauter--

Events Calendar

Next TRH General Meeting
Monday, January 7th at 7:30pm
SPJST Lodge #88
1435 Beall Street
Houston, Texas

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year!	2	3	4	5 STORM Banquet MSRA
6	7	8	9	10	11	12 TORCS Banquet
13 TRH Family Enduro Skull Creek	14	15	16	17	18	19 STORM - HS San Angelo, TX TECEC Banquet
20 TORO BSGP Denton, TX	21	22	23	24	25	26 TORCS Three Palms Conroe, TX
27	28	29	30	31		

TRH Hotline:
(713) 910-3131

Call before you haul!!

"Dedicated to the Sport of Off-Road Motorcycling"

We're on the Web!

See us at:

www.trh-cycle.org/

Business Address:

TRH
P. O. Box 270242 Houston,
Texas 77277



TRH Meeting December 3, 2007

Welcome to December meeting and Christmas party. The newsletter is out. Let Denise know if you have any trouble downloading it.

Minutes of the November meeting approved by members present.

See Danny Erdlejac if you want to help in the flag crew at SuperCross.
Danny said we have plenty of stakes and ribbons in the club event supplies.

Tommy needs 4-5 more people to help in the TRH booth at the SuperCross pita, preferably pretty girls. He will be putting on a night ride at Skull Creek on the 15th, the night before Vaughn's Trail of the Dragon Family Enduro. ATVs and bikes will run separately.

Chris reported that the Terlingua Dual Sport had 133 riders. Tucker Rocky and ProClean donated so many door prizes that nearly every rider got something. Billie Click and a couple of others put a memorial to Burl atop the peak across the road from event headquarters.



Reporting on the ISDE in Chile, Chris said 41 of 43 U.S. riders finished. American riders took five gold medals. The TRH team finished in eighth place, the top ranking U.S. club team. TRH team members were Brian Story, Jeff O'Leary, and Wes McKnight. The women's World Cup was won by U.S. team composed of Nicole Bradford, Mandy Mastin, and Lacy Jones.

Danny Mac suggests bringing a friend to help at the Family Enduro if you are riding.

Ed reminded everyone to come out to Skull Creek for the Family Enduro on December 16. Lunch will be catered and we will have doubles class.

Vaughn said the route is in good shape. He still needs help on race day and for clean up after.

Duggan announced the Hall of Fame banquet will be February 15th at Dave n'Buster's. He'll have more information at the January meeting.

Shelli will be ordering t-shirts soon, including kid's sizes, for the club store.

Denise request members to send her birthdays and other items of interest for the newsletter.

Danny said the video he recently shot with celebrities and a bunch of TRH members, including music and a lawnmower race will air February 9 on MTV.

FLYING W:

During the one hour practice for the Hare Scramble in October Herb's bike broke down and had to be carried in. He thought it had lost the bottom end and took it to Wild West Honda for repairs. Two days later they called him and said his gas tank was empty. Herb gets the plaque because no one can beat that.

We're not passing the swap sheet tonight...if you have something come write it on Lynn's notes.

Jack made a special presentation of two Texans game tickets to Lanette for her work doing registration for the Family Enduro series.

BOARD OF DIRECTORS ELECTIONS-New and returning members are:

President – Jack Jennings
Treasurer – Ed Keeley
Database Coordinator – Dan Sell
Property Master – Sam Stacy
Membership – Girard Lall
Public Relations – Tommy Fabregas

Meeting adjourned just in time for Santa's arrival.

Minutes submitted by *Rena Townsend*

